

RACE BRIEFING

RAMSBURY GOLD 10KM

Welcome to the Ramsbury Gold 10km. It is assumed that you have read and understood this brief prior to attending the event.

Please make sure that you have read the race instructions – it's the best way to ensure you don't have any surprises on the day.

Arrival & Registration-

The Canicross 10km starts at 09:50, with the 10km starting at 10:00. Arrive in good time to park up and collect your race number. Race numbers are to be collected at registration on the morning, which is open from 08:30 until 09:45. You will be called to the start area 5 minutes before your start.

The course-

We have a lovely 10km multi terrain course for you.

You will start off along a track from the Brewery to reach a section of road at 1km. You'll follow a gentle downhill along the road until 3km, followed by an uphill on a bridleway to 4km.

From 4km you'll be using a scenic track with stunning views left and right, before you reach the on course water station at 5.8km. A narrow downhill path takes you to a brief section of pavement, uphill to the 7km mark. From there you take a wide track gently uphill through some farmland before reaching the final KM. You'll pop in the rear gates of the Brewery and emerge at the finish.

The course is around 75% off road. The off-road terrain is largely firm underfoot -at the moment road shoes are fine. Underfoot conditions are uneven throughout and you'll need to watch your footing. Short sections are on narrow single track paths.

Water stations -

There is 1 water station on the course at 5.8km, and then at the start/finish. You will need to bring your own drinking vessels. All water stations are self service – a reminder again – **there are no cups provided**, including at the finish line. Bowls are provided for dogs.

Safety -

There are a few sections of road to cross or run along, listen to the marshals instructions and STOP if you have to briefly. You are adults, it is your responsibility to decide when the road is safe to cross. Along the road sections of the course, please keep tight to the left-hand side unless you see 'KEEP RIGHT' signage. KEEP RIGHT signage will always immediately precede a right-hand turn.

Signage-

The course is signed throughout with yellow arrows as well as red and white tape. Each KM point will be marked. If you do not see any signage, go back to where you last saw an arrow.

Finish-

As you cross the finish line your result will be live online. On finishing, you'll pick up a finishers medal, a Ramsbury Gold 10km pint cup and a Ramsbury Gold 10km drink voucher.

Water containers are ready for you to fill your own bottles. Remember – no cups are provided.

The drink voucher can only be redeemed on race day. It can be exchanged at the bar in the barn for any pint of Ramsbury Brewery beer, including a new Alcohol free beer, a soft drink, or a small Gin & Tonic. Please use your pint cup where possible.

Hot drinks & food are also available from our event catering van. We'll also have the team from CrazyDayz Doughnuts with us.

Overall prizes will be issued at the finish, with age category winner prizes being sent out in the post. In the Canicross event, prizes are for 1st Female & 1st Male overall.

Massage is available for £10 for 10 mins.

Thank You -

Firstly, thank you to the Ramsbury Brewery & Ramsbury Estate for allowing us to use their land. Thank you to our race timer, Timing Monkey, our medics from Beyond First Aid, CrazyDayz Doughnuts, Muscle & Mind, Runners Retreat and Stillman Insurance. Most of all though, and please show your appreciation when you see them, thank you to our race day volunteers and our photographer.

